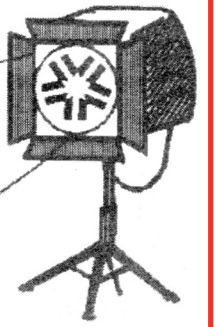




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 7

A newsletter for D.C. Seniors

July 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

With the record-breaking temperatures and high humidity we experienced in June, we want to make sure all of our seniors remain safe throughout the remaining summer months. Children and senior citizens, especially those with certain health conditions, are more vulnerable when the humidity and the mercury rise.

In addition, between the hours of 10 a.m. and 2 p.m. the sun's rays are at its deadliest. Try to conduct personal business and travel to your nearest senior program early. But before you leave, set your thermostat to 78 or higher to conserve energy, and keep your shades and/or curtains drawn and your lights out to keep the heat out of your home.

Begin drinking decaffeinated and non-alcoholic beverages before you leave to begin hydrating your body to prepare for the extreme temperatures. Spend the day in an air-conditioned wellness center or senior center, a shopping mall or a movie theatre to take advantage of cooler conditions. To locate a facility near you, contact our Information and Assistance Unit at 202-724-5626 for more information.

In spite of the temperatures, this is an exciting time for senior citizens in the District. We will be hosting a ribbon cutting in the coming months for two senior wellness centers for residents age 60 or older. With the latest numbers coming in, the number of senior citizens in the District has risen to more than 100,000 residents. The Fenty Administration is committed to building facilities to help our older residents remain as healthy as possible.

The two centers will be opening in Wards One and Six. The deadline for submission of grants to operate the two sites is approaching. For more information, check our website www.dcoa.dc.gov or contact Tiffanie Yates or Eric Manuel at 202-724-5622.

Other opportunities include our transportation program for those that need assistance to get to medical appointments. If you are a District resident 18 or older, call 202-724-5626 for transportation. If you have Medicaid, you can still receive transportation assistance through the Office on Aging/Aging and Disability Resource Center.

Always working to help out persons with disabilities, senior citizens and caregivers, the Office on Aging/Aging and Disability Resource Center has launched a new website. On the Web follow the address www.dcoa.dc.gov or www.adrc.dc.gov and see our new and friendlier website.

As always, stay safe and cool this summer.

Dealing With Extreme Heat

Once a heat advisory or alert has been given, seniors are urged to listen to the broadcast media about the weather conditions. Seniors are urged to follow certain protective measures including: staying indoors, in cool places; wearing light clothing; reducing strenuous activities, rescheduling appointments if possible; taking a cold or lukewarm bath or shower; and drinking plenty of non-alcoholic liquids. In addition, seniors should keep the air conditioner and/or fan on, even if it is at a low level.

The following are other helpful community resources to be utilized during the heat weather alert or advisory:

IMMEDIATE EMERGENCY RESPONSE

• Emergency Assistance 911

In a life threatening situation, contact for Police, Fire and ambulance services. There is a charge for DC ambulance transportation to health care facilities. Medicare Part A recipients can be reimbursed.

• Hyperthermia/Shelter Hotline

(202) 399-7093 or (800) 535-7252

The hotline offers assistance to persons in need of overnight shelter and support for those living in the streets. Open 24 hours a day, 7 days a week.

GOVERNMENT ASSISTANCE

• DC Consumer and Regulatory Affairs (202) 442-9557

If the cooling system is not working in your rental apartment building, notify the property management. If you do not receive a response, you can call the Housing Inspections Office for assistance during business hours. Call the Office of Emergency Management at (202) 727-6161 after hours and weekends.

• DC Call Center (202) 311

The main number for DC government to report a problem or for city services information.

• Homeland Security and Emergency Management Agency (202) 727-6161

This office can give you information about public cooling centers and who to contact for other assistance. For non-medical emergency assistance and service information after hours, holidays and weekends. Open 24 hours a day, 7 days a week.

• D.C. Office on Aging (202) 724-5626

The Information and Assistance Office can link seniors with needed services and provide you with general information on keeping cool. Also identify program centers that are designated as senior cooling sites. The Office is open Monday through Friday, 8:15 a.m. to 4:45 p.m.

UTILITY SERVICES AND REPAIRS

• D.C. Energy Office Hotline (202) 673-6750

The hotline is available Monday through Friday

8:15 a.m. to 4:45 p.m. and offers information and financial assistance with utilities.

• PEPCO (202) 833-7500

To report electrical power outage in your residence. Also, let them know if there are persons in your household with health problems.

• Washington Gas (703) 750-1400

To report gas leakage or outage in your residence. Also, let them know if there are persons in your household with health problems.

• DC Water (202) 612-3400

Call to report any water problems, including bursting of pipes (24 hours a day)

• Comcast Cable (202) 635-5100

To report television cable outage.

EMERGENCY RESOURCES AND INFORMATION

• Yellow Pages 411

If your cooling system or air conditioner goes out inside your private residence, check the yellow pages or call directory assistance for a listing of heating and cooling contractors.

Spring Seniorfest



Mayor Fenty poses with a senior during the Spring Seniorfest. Despite the drizzle and colder than expected temperatures, hundreds of seniors attended the event that featured free health screenings by Pfizer and others, information exhibits, carnival games and more under the tents.



Vincent Gray, Chairman of the Council of the District of Columbia, also greeted the seniors at the Spring Seniorfest.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Ms. Senior DC 2010 Selected



Ms. Senior DC pageant contestants and their escorts pose with Ms. Senior DC 2009 Shirley Rivens Smith.



Councilmember Yvette Alexander, Ward 7, and Executive Director Clarence Brown congratulate Ms. Senior DC 2010 Sheila Poole.

Some say that she was born a queen and that's why she was crowned this year at the Ms. Senior DC Pageant 2010. Born Sheila Queen, Ms. Poole wowed the audience with her elegance, stage presence and her song.

Singing "Who Can I Turn To," Ms. Poole won Best Talent in the contest where she competed among five District residents. The former DC Public Schools employee and Ward 5 resident also won Best Interview, which is the portion of the contest that is not seen by the audience and is scored in an interview of the contestants by a panel of judges.

First runner-up in the contestant was Ms. Earnestine Wiggins, who sang a stirring rendition of "Summertime." During the evening gown

competition, Wiggins was escorted by her grandson and wore a pale green halter strap gown adorned with a beautiful broach.

Second Runner-up was Ms. Willet Moore, who performed an energetic and moving liturgical dance to "Shackles" by Mary, Mary. During the evening gown competition she was escorted by her son and wore a beautiful off the shoulder, pale yellow gown. The contestants voted Ms. Moore Ms. Congeniality.

Best Evening Gown was awarded to retired teacher Helene Harris, who wore a purple, brocade gown with a matching ruffled stole. Ms. Harris, who has done extensive committee and charitable work, is currently working at a local program for seniors.

Best Salesperson was awarded to retired teacher and outstanding volunteer Marian O. Williams, who danced during the talent segment. Contestant Romaine Cooper played "The Greatest Love of All" on the piano and was escorted by her son during the evening gown competition.

The theme for the Ms. Senior DC Pageant 2010 was "Sharing Our Earth." The pageant opened and closed with performances by the MC Steppers dressed as lions, tigers, cougars, zebra and other animals. Ms. Senior DC Sandra Bears sang the Earth Song by Michael Jackson for the opening, and the finale with Trinity AME Zion Chancelor Choir singing the Zulu folk song "Siyahomba" as the MC Steppers

danced. Ms. Senior DC 2009 Shirley Rivens Smith also performed a West African dance during the opening with other members of the DC Senior America Cameo Club.

Ms. Senior District of Columbia will receive \$300 cash and \$200 towards her gown for the Ms. Senior America Pageant to be held in Atlantic City in October. Ms. Senior DC will also receive an expense paid trip to the pageant as well. Cash will be awarded to the first runner-up in the amount of \$150, second runner-up \$100, Best Salesperson \$100, and Ms. Congeniality \$25.

The Ms. Senior DC Pageant is presented by Family Matters of Greater Washington, the DC Senior America Cameo Club and the DC Office on Aging.

SPOTLIGHT ON AGING

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

Community Calendar

July events

7th • 4 to 5:30 p.m.;
repeated at 7:30 p.m.

There are over 50 types of dementia, with Alzheimer's accounting for 70 percent of cases. Shelly Edwards, Community Services Manager for the National Capital Area Chapter of the Alzheimer's Association, will speak about the symptoms and strategies for managing other types of dementia, such as Lewy Body, vascular and frontal temporal lobe dementia. The event is free and will be held at IONA Senior Services, 4125 Albemarle St., N.W. For more information, call 202-895-9448.

14th deadline

July 14 is the deadline to pay for the East River Family Strengthening Collaborative KEEN seniors program trip to Harrington Casino in Delaware, scheduled for August 14. The cost is \$30. To register, call Ms. Gantt at 202-534-4880, ext 110 or Ms. Robinette Livingston at (202) 584-4431.

15th • 11:30 a.m.

Seabury Ward 5 Aging Services will hold a seminar, "Medicare and the New Law: What it Means to Me." It will be held at Fort Lincoln 3 Senior Nutrition Center, 3298 Ft. Lincoln Drive, N.E. Contact Vivian Grayton at 202-529-8701 for more information.

21st • 3 to 6 p.m.

Prismatic, an exhibit of recent art from participants of the Adult Day Health, Wellness and Arts Center, is open to the public at IONA Senior Services. The exhibit is free and located at 4125 Albemarle St., N.W. For more information, call (202) 895-9448.

23 • 6 to 8 p.m.

Enjoy an "Oldies But Goodies" dance, hosted by DJ Ron V, formerly of MAGIC 102.3, at the Washington Senior Wellness Center, 3001 Alabama Ave., S.E. Open to seniors in D.C. age 60+. For more information, contact Renee Woodard-Few at 202-581-9355.

4th • 7 a.m. to 9 p.m.

Take a trip to Atlantic City's Hilton Hotel and Casino with Seabury Ward 5 Aging Services. The cost is \$35, but participants will receive a \$20 rebate. The bus leaves at 7 a.m. and returns at 9 p.m. Call Vivian Grayton at 202-529-8701 for more information.

31st • 11 a.m.

An Alzheimer's support group meets at 11 a.m. every fourth Saturday of the month at Genevieve N. Johnson Senior Center, 4817 Blagden Ave. N.W. Contact Stephanie Saunders at 202-723-8537 for more information.

October event

Barney Senior Program needs volunteers for a special "prom night" at the end of October. Anyone who can design clothes, provide limousine service, perform music, do makeup and hair, cater food or help in some other way, contact James Thompson at 202-939-9020.